

Orthostatic Vitals Log

DYSAUTONOMIA INTERNATIONAL



AWARENESS



ADVOCACY



ADVANCEMENT

Reclined Measurements

Place your blood pressure cuff on your arm and then lay down on a flat comfortable surface and relax quietly for 2-3 minutes before measuring your heart rate (HR) and blood pressure (BP) in the laying down position.

Standing Measurements

Keeping your blood pressure cuff on your arm, stand up from the lying position and wait quietly with your arms at your sides for 3 minutes. Try to stand still and avoid shifting your legs around. Record your HR and BP after 3 minutes of standing, and any symptoms you may feel on standing that were not present in the reclined position.

Please note, it is common for HR and BP to fluctuate from day to day, at different times of day, and after meals. Women may also want to note the date their last menstrual cycle started, as HR, BP and orthostatic symptoms can fluctuate at different times in the cycle. We encourage you to discuss any concerns you have about your HR, BP, or orthostatic symptoms with your doctor.

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